

All ages should keep cholesterol in mind

Run time - :31

LEDE: Issues related to high cholesterol are often associated with adults. But parents need to keep it in mind for their kids, too.

Tim Ditman of OSF HealthCare has more.

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OSF registered nurse Tricia Herman says get your cholesterol checked at your yearly physical. And every day, focus on exercising and eating healthy.

*SOUNDBITE: "Create a meal plan for your child that has lots of fruits and vegetables. Don't have them eat on the go. Have them sit down and eat so it's more meaningful and thoughtful."*

High cholesterol left unchecked could lead to stroke, heart disease, and artery disease in the legs. I'm Tim Ditman.

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TAG: Herman says cholesterol issues often don't come with symptoms until it's too late. So get your regular test and talk to a doctor if something feels off with your body.